



Positive State of Mind

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What Causes
Negative
Thoughts?

What are the
effects of a
negative
thought
process?

**NEGATIVE THINKING WILL
NEVER PRODUCE POSITIVE
RESULTS. CHANGE YOUR
THINKING AND YOU'LL
CHANGE YOUR LIFE.**



What does a
person with a
negative mind set
look like?

We are the
reflection of
our own
state of
mind!



States of Mind

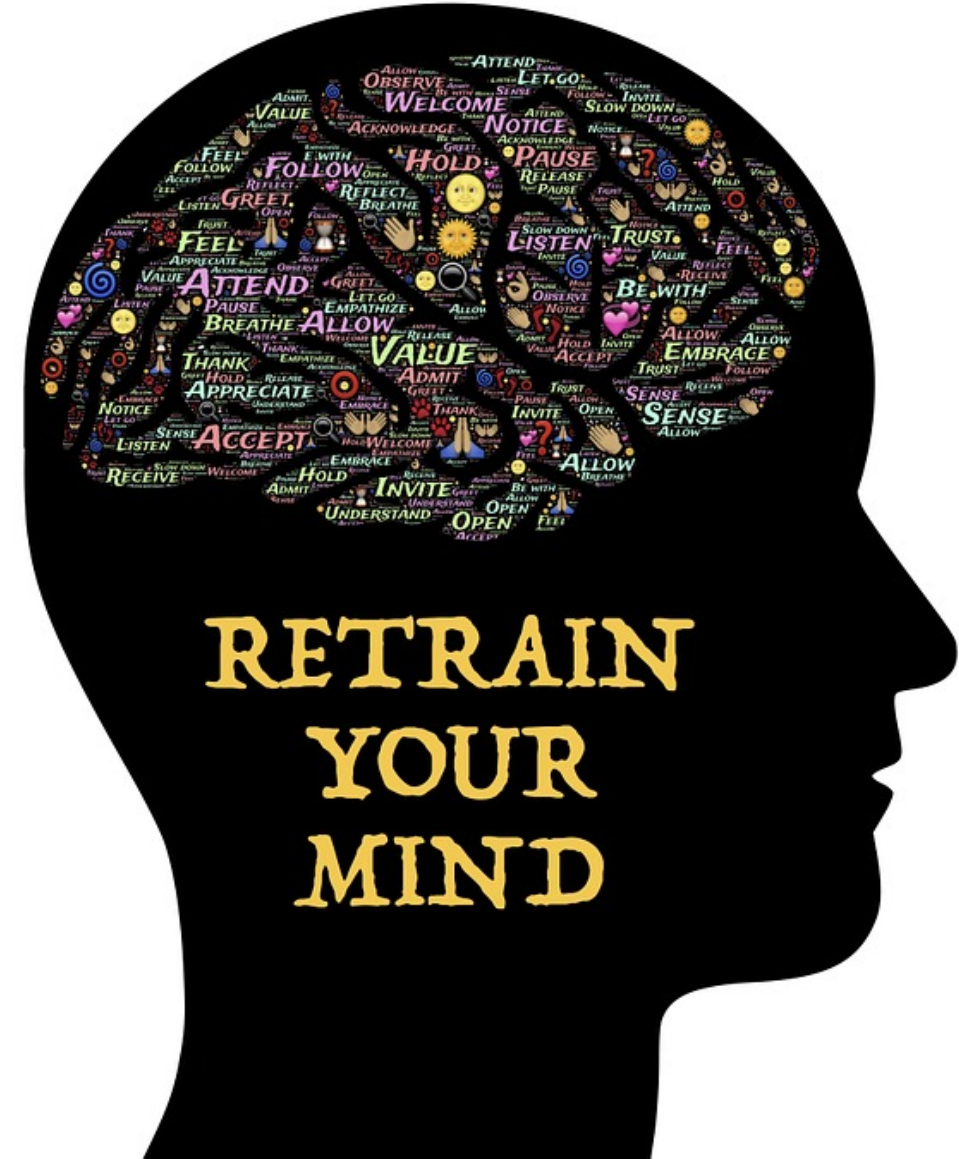
- State of stress
- State of frustration
- State of anxiety
- State of anger
- State of bitterness
- State of depression
- State of hatred
- State of negativity



- State of Kindness
- State of Love
- State of Happiness
- State of Passion
- State of determination
- State of peace
- State of empowerment
- State of self love

You process differently when you are in positive state of mind!

How to
change your
mind set?



A magnifying glass with a silver frame and a black handle is positioned over the word "Focus". The word is written in a bold, black, sans-serif font. The magnifying glass's lens is centered over the word, making it appear larger and more prominent. The background is a plain, light gray surface.

Focus

Change
your
Focus

You hold the
Power!

Start with
the Physical



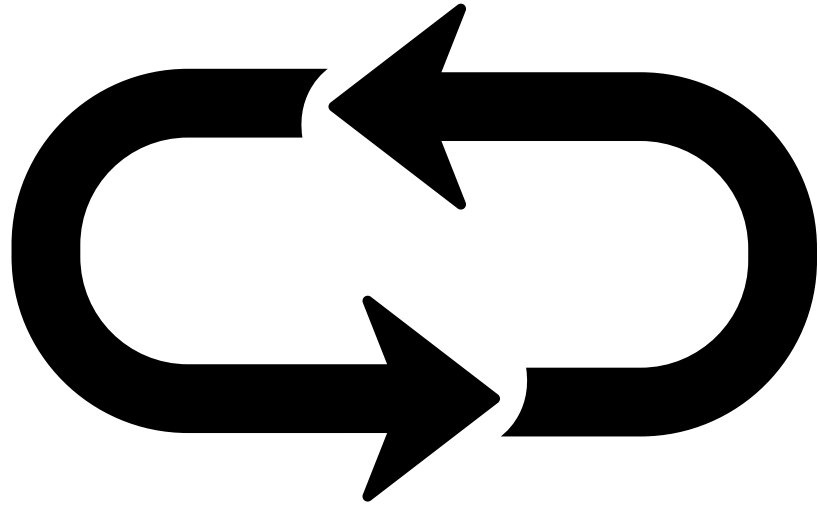
**Standing like a
Superhero for as little
as two minutes changes
our testosterone and
cortisol levels,
increases our appetite
for risk, causes us to
perform better in job
interviews, and
generally configures
our brains to cope well
in stressful situations**

IG | GeekStrong





How can we be positive when we are stuck in a negative thought pattern?



Break the Cycle

- We all fight a negative narrator in our mind who constantly reminds us:
- “You can’t achieve that.”
- “You’re not going to do well.”
- “Why should you even try?”
- “No one wants to hear from you.”
- “You’re worthless.”

To Break the Cycle, we have to change the narrative

Positive Self-Talk Activity

“You’ll never amount to anything” or “You can’t do anything right

“I choose to accept and grow from my mistake” or “As I learn from my mistakes, I am becoming a better person.”

Change your
Focus by
asking better
questions

What in your life are you grateful for?



What have you achieved?



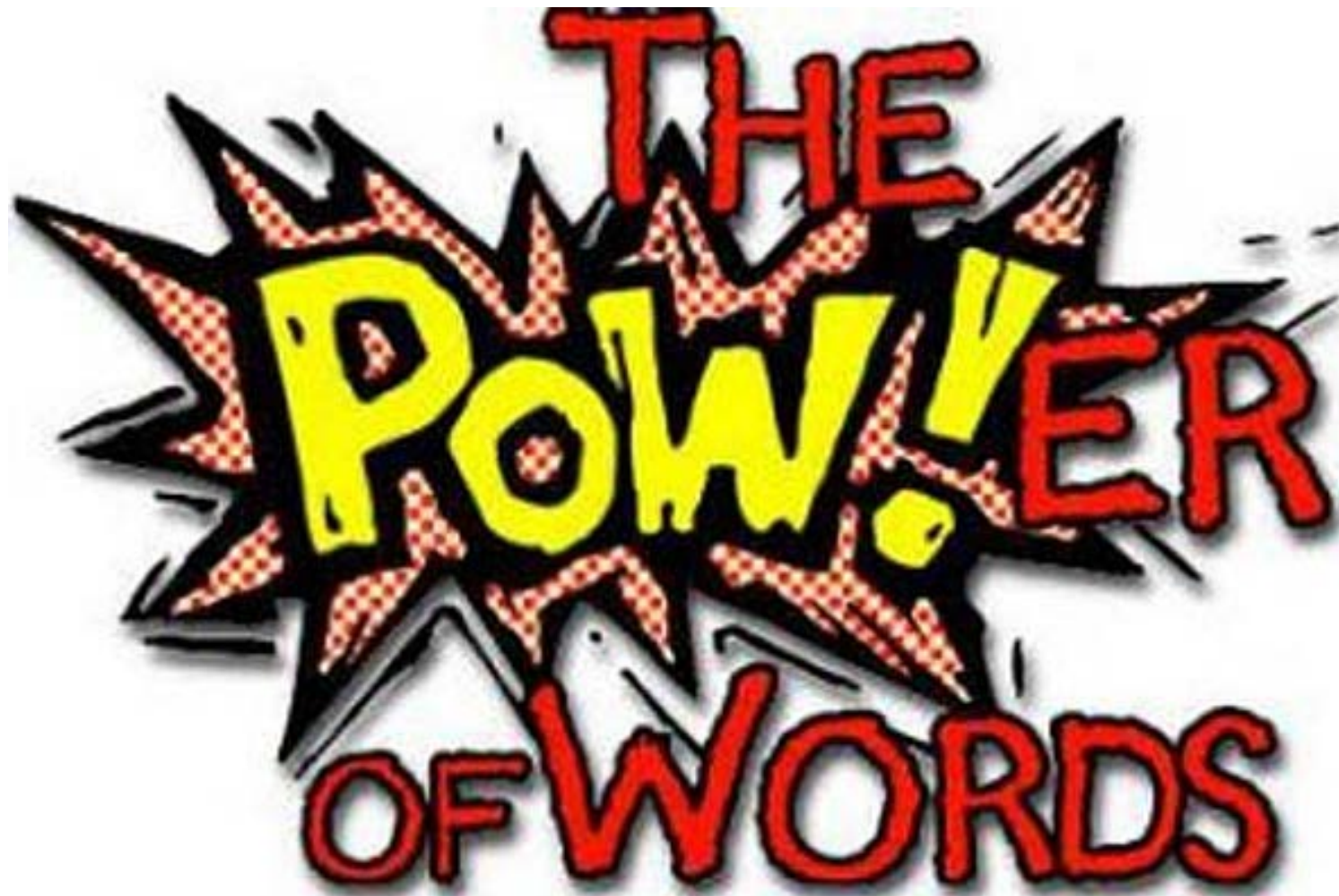
What is one thing you do well?



What can you do nice for someone today?



What do I have control over?



“Make sure your worst enemy is not living between your own two ears”

**Art of Positive
Self Talk**

I  ME

Arrogance
vs.
Self Love

Write 3 things
you love
about
yourself

Stop hating
yourself for
everything you
aren't. Start
loving yourself
for everything
that you **are**...

What are 3
things?



Happiness is a
choice

Choose to SHINE!

